

## Course Syllabus

(I) <u>Compulsory Courses on Health</u>	
<u>Course title</u>	
<b>Self-health Management</b>	
1. Self-health Management	To give an introduction to the concept of self-health management and healthy lifestyles that one should adopt in order to reduce the risk of diseases and enjoy the golden years.
2. Ageing	To give an introduction about the physiological changes and psychological reactions brought about by ageing and tips for leading a healthy life, which will help elders to adapt the aging process and alleviate problems resulting from degeneration.
3. Adjustment to Retirement	To elaborate on the changes in life patterns after retirement, offer advice on the development of a positive attitude towards retirement life and correct the elderly people's misconception about retirement.
4. Health Maintenance Exercise	Participants will learn about the benefits and safety rules of doing exercise, ways to select suitable exercise and misconception about doing exercise.
5. Fall Prevention	Participants will learn about the causes and consequences of falls among elderly people, various ways to prevent falls and the general management of falls.
6. Obesity is not a Blessing	Participants will learn about the definition and causes of overweight and obesity; their harmful effects and related health problems, the correct ways to lose weight as well as the common misconceptions about weight reduction.
7. Effect of Alcohol on Health	To clarify the common myths about alcohol drinking; and explain the effects of alcohol on physical, psychological and social health, as well as the principle of healthy drinking.

8. Smoking is Hazardous to Health	Participants will learn about the harmful effects of and diseases caused by smoking, the adverse effects of passive smoking on health and benefits of quitting smoking.
9. Healthy Diet	To give an introduction to the food pyramid and healthy eating out.
10. Queries About Health Check	To elaborate on the purpose of health check, the definition of a comprehensive health check, interpretation of the results of common laboratory tests, and ways to stay healthy.
11. Sleep Health	Participants will learn about basic knowledge about sleep in old age and ways to develop healthy sleep habits.
12. Drug Safety	To give advice on medication uses (including prescribed drugs, over-the-counter drugs and topical medications) and drug storage.
<b>Psychological and Social Health</b>	
13. Be a Happy Person	Participants will learn about the major factors affecting elderly people's mental health and ways to maintain a happy and healthy life.
14. Understanding Stress and Stress Management	Participants will learn about the sources of stress commonly found among elderly people, signs and symptoms of chronic stress, and ways to manage stress.
15. Understanding Depression and Suicide	To give an introduction to the signs and symptoms of depression and suicide, treatment options, self-help methods and tips for relatives and friends to help the sufferers.
16. Smart Grandparenting	Through some vignettes of daily grandparenting life, participants will learn about the roles of grandparents, and ways to maintain a good grandparent/grandchildren relationship and resolve disagreements with adult children over parenting styles
17. Relationship with Sons/Daughters and their Spouse	Participants will learn about the difficulties commonly encountered by elderly people when they are dealing with their adult children and sons/ daughters-in-law, and ways to build a good relationship with these family members.

18. Ways to Build Intimate Couple Relationship in Old Age	To introduce some couple relationship skills such as mutual respect, sharing and communication, ways to express care, strengthen bonding, and resolve conflict.
<b>Common Health Problems among the Elderly</b>	
19. Understanding Hypertension	To give an introduction about hypertension and its complications, as well as the healthy lifestyles for prevention and control of hypertension.
20. Knowing about Diabetes	To give an introduction about the causes, risk factors, symptoms and complications of diabetes, the principles of preventing and managing diabetes and commonly used testing methods.
21. Understanding Coronary Heart Disease	To give an introduction to the hazards, causes, symptoms and prevention of coronary heart disease; and the management when there is angina or suspected heart attack.
22. Understanding Cancer	To give an introduction to the cancers commonly found in Hong Kong, the risk factors, signs and symptoms and prevention of cancers, and the community resources available.
23. Understanding Stroke	To give an introduction about the causes, symptoms, prevention and treatment of a stroke, and the healthy lifestyle which reduces the risk of stroke.
24. Understanding Influenza	To give an introduction about the modes of transmission, symptoms and prevention of influenza, and the curative effects and side effects of the drugs generally used for treating influenza.
25. Understanding Osteoporosis	To give an introduction to the symptoms, risk factors, prevention, diagnosis and treatment of osteoporosis.
26. Mild Cognitive Impairment	Participants will learn about mild cognitive impairment and its symptoms, as well as various ways to help delay the pace of memory decline and minimize the negative impact that memory decline imposes on daily life.
27. Understanding Dementia	Participants will learn about the common types of dementia and its symptoms at various stages of the disease, ways to prevent, diagnose, and handle dementia, as well as introducing the concept

	of advance care planning for a better preparation for the future.
28. Osteoarthritis of Knee	Participants will learn about the causes and management of osteoarthritis of the knee and the principles of knee protection.
<b>Other Health Tips</b>	
29. Health Tips for Travellers	This course will give participants advice on the preparation for a trip and points to note while travelling abroad and upon returning to Hong Kong.
30. Hypothermia and Heat Stroke	Participants will learn about the causes, symptoms, prevention and management of hypothermia/heat stroke.

<b>(II)</b> <b><u>Elective Courses</u></b>	
<b><u>Course title</u></b>	
1. “Let’s talk in English (I)”; “Let’s talk in English (II)”; “How to Say it in English”	To provide elderly participants with opportunities to practise spoken English by putting them in different scenarios in each episode.
2. “Correct Cantonese Pronunciations”	To give an introduction to the initial and final consonants and the nine tones of the Cantonese phonological system and help participants understand the correct articulation of Chinese characters, hence reducing “lazy” pronunciations.
3. “Fun in Chinese Characters”	There are orders behind the many variations of Chinese characters. This course will discuss the meaning behind Chinese characters by looking at the evolution of their forms through the ages.
4. “Chinese Medicine Panorama”, “Chinese Medicine Panorama (II)”	Chinese medicine is a sophisticated body of knowledge. This course will elaborate on the various Chinese medicine theories including the five elements and Yin Yang, viscera and bowels, analysing and differentiating pathological conditions in accordance with the Eight Principal Syndromes, as well as the principles of medical treatments. The purpose of the course is to provide elderly participants a general but comprehensive picture about Chinese medicine.
5. “Secrets of Chinese Medicine Prescriptions”	There are numerous combinations of Chinese medicine prescriptions to suit the physical conditions of patients. This course is to give an introduction to the efficacy and contraindications of Chinese medicine, as well as prescriptions the elderly are familiar with, so as to help them select the Chinese medicine which is best for the treatment of their medical conditions.
6. “Guide to Nourishing Food”	Chinese people like to improve their health by taking nourishing food, but this may cause adverse effects if the food is not taken in the right way. Apart from helping participants understand their

	health conditions and selecting the right nourishing food in the light of their needs, this course will also give an introduction to the functions and contraindications of different nourishing food.
7. “Enjoyment from Food”	This course will elaborate on the causes of different diseases from the Chinese medicine perspective, and give specific advice on the dietetic treatments which helps improve the medical conditions concerned.
8. “Self-care Training”	To help elderly participants improve their self-image both mentally and physically by enhancing their self-care ability and understanding of disease prevention.
9. “Historical Figures” and “Historical Figures (II)”	This course will tell the stories of powerful emperors, political and military leaders, and influential figures in human history, starting from the time of Emperor Xuanyuan. Participants will learn useful lessons from history.
10. “Story of Hong Kong”	To give an introduction to the origins of the names of various districts across the territory, through which participants will have a better understanding of the history and geographical environment of Hong Kong in the past.
11. “Smart Investors”	To give an introduction to the rules of investing in various investment products such as stocks, funds and futures, and remind elderly participants of what they need to pay attention to in areas of loans, housing and consumption to avoid falling victim to fraudulent activities.
12. “The Earth”	To give an introduction to geography such as the formation of various natural phenomena and landscapes formed by different rock types, through which participants will have a broad idea of what our earth is like.
13. “Elementary Economics”	To give an introduction to some basic and practical economic concepts such as opportunity cost, how supply and demand relate to price levels, inflation and deflation. The objective of the course is to give participants a better idea of how economic changes will affect their daily life.
14. “Why Pollute Our	To explore the damage done to the environment, the sources of

Earth?"	pollution and ways to save the Earth and mankind.
15. "Great Musicians and their Music"	To give a general introduction to the characteristics of various types of Chinese and western music, appreciation of musical works and their evolution.
16. "Music Legends"	To give an introduction to the background of some renowned Chinese and western musicians and their works, with which participants can better enjoy the music of these great musicians.
17. "Chinese Music Appreciation"	There is a rich diversity of Chinese music. This course will give an introduction to the performance of different musical instruments, explore the music of different regions and allow participants to re-discover music they have known since childhood!
18. "Travel round the World"	To give an introduction to various tourist attractions and special places in different countries and provide participants with travel advice.
19. "Let's Play Games"	To introduce mainly the rules of various games, which can be played in group activities to add fun and enhance inter-personal relationship.
20. "Tips for Dog Lovers"	Pets, cats and dogs in particular, are good companions of elderly people. They are also man's good friends. This course will give participants advice on choosing a dog and dog care.
21. "Meaningful Services"	To give an introduction to various voluntary services, their nature and points to note for the elderly when they take part in these services.
22. Early Cognitive Impairment	Participants will learn about early cognitive impairment, early detection of signs and symptoms and ways to cope with the illness.
23. Tips on Daily Living	The course will discuss how demented elderly persons may reduce disruptions to their daily life by adjusting their way of living.
24. Mahjong Therapy	To elaborate on the findings of the study on senile dementia and mahjong therapy, and give participants advice on ways to slow

	down the deterioration of cognitive ability through mahjong games.
25. Non-drug Therapy I	To help participants understand that apart from taking medicine, patients can slow down the deterioration of cognitive ability by undertaking memory and orientation training with their family members.
26. Non-drug Therapy II	To help participants understand that apart from taking medicine, patients can slow down the deterioration of cognitive ability by taking part in horticultural activities, reminiscence therapy and daily activities with their family members.
27. Home Safety I	To give an introduction to home design for the safety of elderly persons with weak cognitive ability.
28. Home Safety II	To give an introduction to home design for the safety of the elderly in general.
29. Community Resources for Long-term Caring	To give an introduction to the medical and health service resources available, community care services and residential care services in Hong Kong.
30. Aged Carer for the Elderly	To give an introduction to the role, duties and importance of an aged carer, and suggest ways to help an elderly person realise that he/she needs to be taken care of by other people.
31. Needs and Contributions of Aged Carers for the Elderly	Participants will learn about the needs and contributions of carers for the elderly, and ways for elderly people to help relieve the burden of their carers.
32. Happiness of being a Carer	This course elaborates on the happiness and importance of being a carer, encouraging family members to provide continuum of care for elderly people.